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Ellen's  
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## ELLEN'S KITCHEN

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### Breadbuilder: Ellen's Homemade Bread Dough Enhancer

This is really helpful for breadmachine bread doughs, but the commercial product costs about \$16.00 a package! So I figured out how to make it at home. You have to store it air tight in a jar or ziplock to protect the **ascorbic acid**. **Ascorbic acid** is sold as "powdered **vitamin C**" in the **vitamin** department.

Use 1 tablespoon of doughbuilder per loaf, or a little more for low gluten breads. The ingredients in **bold** are essential.

Breadbuilder: Ellen's Bread Dough Enhancer		
2	cups	<b>vital wheat gluten</b>
1	cup	potato starch or potato flakes
1	package	jelly <b>pectin powder</b> (Sure Jell)
1	cup	lecithin granules
3	tablespoons	<b>powdered ascorbic acid</b>
2	tablespoons	ginger <b>powder</b>

2	tablespoons	ginger <b>powder</b>
1	cup	non-instant powdered milk or whey <b>powder</b> (optional)
1/2	cup	<b>diastatic malt powder</b>
1	envelope	unflavored gelatin (optional)

Place all ingredients in a DRY blender, cover and blend until completely mixed. Package airtight in a ziplock or jar that you can measure from. Use 1-2 tablespoons per loaf, or a bit more if the recipe is low gluten (rye, corn, etc). Vegans will want to omit gelatin and whey.

## Tender Crust: Ellen's Homemade Yeast Dough Relaxer

Dough relaxer is popular for pizza crust, foccacia, etc. It acts by slightly disabling the gluten protein in the wheat. It is not recommended for yeast doughs made completely with whole wheat or other whole grain flours, or breads baked in a bread machine. If you are using a bread machine, you will get the best results by programming for MANUAL or DOUGH cycle, removing the dough after the final rise, shaping and baking it out of the machine. Dough with the Relaxer tends to overrise and then sink when baked in the machine's tall pan. The result is a sunken loaf.

Yeast doughs will rise at a slower rate when made with Relaxer. They will have a big "oven spring" (the amount of rise the bread has just as it begins to bake). Take the oven spring into consideration and don't be tempted to allow the dough to overrise before baking.

The homemade dough relaxer is made from four all natural ingredients. High heat process non-fat dry milk tenderizes the dough, gives it a rich, soft crumb, makes it easy to roll and adds a calcium boost. Diastatic malt (made by slowly roasting barley over low heat) is a natural amylase - an enzyme that helps convert some of the starch in the flour into sugar, which is the food yeast likes the best. These enzymes become inactive as soon as the bread goes in the oven. The **acid** ingredients make the dough slightly acidic to activate the yeast, and the very small amount of baking **powder** helps to rise the bread by reacting with the acids. Commercial relaxers also have powdered L-cysteine to tenderize even further.

Here is a great link for [troubleshooting pizza dough](#).

Tender Crust: Ellen's Bread Dough Relaxer		
3	tablespoons	powdered <b>ascorbic acid</b>
2	tablespoons	double-acting baking <b>powder</b>
2	tablespoons	cream of tartar
1	cup	non-instant powdered buttermilk
1/2	cup	diastatic malt <b>powder</b>

Place all ingredients in a DRY blender, cover and blend until completely mixed. Package airtight in a ziplock or jar that you can measure from. Use 1-2 tablespoons per loaf, or a bit more if the recipe is made with bread flour.

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